



SARACENS
DEMENTIA CLUB

SUPPORTING
OUR COMMUNITY

Lisa's Fitness Tips

A healthy body is a healthy mind.

LISA'S PERSONAL MESSAGE

"I believe that exercise throughout a person's life plays a significant role in reducing the risk of developing dementia. You do not need to suffer to achieve your fitness goals.

You can still continue to enjoy a normal lifestyle. Exercising can be whatever you enjoy, for example swimming, walking, running, dancing. You just need to do about 30 minutes a day. You can even exercise while sitting.

There are various diets and exercises but choosing one that works for you is not easy and can be very depressing. What you have to remember is that what works for one person does not necessarily work for everyone."



Cooking Tips

- Do not eat too many fried foods. It is always better for you to grill, boil, poach, steam, stew or microwave.
- Trim most of the fat from meat before cooking.
- If you boil vegetables, use very little water and don't overcook as this destroys the vitamins. Use the water from the vegetables to make soup or gravy.
- Don't use too much fat or oil in cooking. If you do use oil, use a monounsaturated (olive) or polyunsaturated vegetable oil (sunflower) rather than animal fat like lard or butter.

What is my right weight?

This depends on your height. Doctors and dieticians use the term 'Body Mass Index' or BMI - This is a figure which can be worked out using your weight and height. It will tell you whether you are over or under weight or just right.

The healthy BMI range is between 20 and 25.

If your BMI is;

Under 20, you are underweight

Between 20 and 25 you are normal

Between 25 and 30 you are overweight

Between 30 and 40 you are obese

Over 40 you are very obese

How to work out your BMI

Your weight in Kilograms (kg)

Your height in metres (m)

For example:

Your weight 70kg

Your height 170cm or 1.70metres

$1.70 \times 1.70 = 2.89$

$70 \text{ divided by } 2.89 = 24.2$

So your BMI would be 24.2 which is within the healthy range.

Lisa's Personal Tips

The best way to get the vitamins and minerals that we need is to eat a balanced and varied diet. If you are eating a varied diet with plenty of fruit and vegetables then you do not need to take vitamin tablets unless of course you have been diagnosed by your doctor to have a vitamin deficiency. There is no evidence that extra doses will do you any good. In fact it is possible to overdose on some vitamins and minerals.

A Balanced Diet

Eat more fruit and vegetables

Eat more fibre

Cut down on sugar

Cut down on fat

Cut down on salt

Keep well hydrated

Always drink a glass of water before eating

Chew your food well and eat slowly

Allow 2 hours after eating before exercising

Try to finish eating your dinner by 8pm



For further advice or tips contact Lisa Rutter on 07956 858 913.